



# *“Lose the Weight or Pay”*

## *2006 Weight Loss Challenge*

*Keep reading to find out how you can FINALLY take off the weight, win money, and enjoy a little friendly competition by participating in the 2006 Weight Loss Challenge!*

### What is the “Lose the Weight or Pay” Challenge?

A 12-week weight loss competition that begins the week of June 19<sup>th</sup>. The program consists of:

- Participants will weigh in at two required weigh-in check points.
- A \$15 entry fee per participant, \$10 of which is put in the “pot” to split among the winning participants\*.
- Motivational emails with nutrition and exercise tips to assist you in your weight loss efforts.
- Scheduled weekly “Meet your Fellow ‘Losers’” walks around the Capitol Complex area.

\*Lose between 12 and 24 lbs. and you will split the cash in the prize “pot”.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

*Return this registration slip, along with the \$15 program fee, to  
Jill at the State Employee Wellness Center:*

*Mail to: State of Colorado IDS  
Wellness Center  
1001 E. 62<sup>nd</sup> Ave.  
Denver, CO 80216*

*or call to drop off at the Wellness Center:  
303-866-2213  
1570 Grant St.  
Denver, CO 80203*



*Checks made payable to HEALTHBREAK, Inc.*

*\*Certain restrictions apply. \* Visit our website for more details and rules.*

[www.colorado.gov/dpa/wellnesscenter/index.htm](http://www.colorado.gov/dpa/wellnesscenter/index.htm)

*You’ve got nothing to lose, except a few pounds!*